

THE TEACHINGS OF SWAMI SATCHIDANANDA  
/ APRIL/MAY 1964



# Integral Yoga

# UPCOMING EVENTS WITH SRI GURUDEV

## APRIL

- |       |                    |   |
|-------|--------------------|---|
| 13    | Washington D.C.    | Public Talk   |
| 14    | Washington D.C.    | LOTUS Benefit   |
| 21    | Buckingham VA      | Easter Retreat Program  |
| 27-28 | New York City N.Y. | Programs sponsored by Bharatiya Vidya Bhavan and New York IYI |
| 30    | MEXICO             | Talks at Guadalajara Health Center                            |

## MAY

- |       |            |                                    |
|-------|------------|------------------------------------|
| 1-6   | MEXICO     | above program continues            |
| 23-27 | Rome ITALY | Italian Yoga Federation Conference |

## JUNE

- |       |                    |  |
|-------|--------------------|--|
| 11-12 | New York City N.Y. | Public Talk and LOTUS Benefit                                    |
| 14-15 | Honesdale PA.      | 9th International Congress: sponsored by the Himalayan Institute |
| 16-18 | Pomfret Center CT. | 10-day Retreat programs  |

## FALL PROGRAMS

- |                     |                   |  |
|---------------------|-------------------|--|
| 26 August - 9 Sept. | Zinal Switzerland | Annual Conference of the European Union of National Yoga Federations |
| 14-15 Sept.         | Brussels Belgium  | Weekend Retreat and LOTUS luncheon                                   |
| 30 Oct. - 29 Nov.   | India             | India Tour   |

# holy days & other special dates

## MAY

- 7 Rabindranath Tagore: Birthdate
- 8 Chinese Celebration of Buddha's Birthday
- 10 Sri Yukteswar: Birthdate
- 11 Joan of Arc Day - France
- 13 Mother's Day
- 14 Full Moon  
Lord Buddha Birthday (Buddhist)
- 15 Eclipse of the Moon (penumbral)
- 16 Nisfu Sha'Ban (Islam)
- 28 Memorial Day (U.S.A.)

- 30 Eclipse of the Sun (annular)
- 31 Ramadan (Islamic holy days) begins

## JUNE

- 3 Eclipse of the Moon (penumbral)
- 6 Shavuoth (Jewish) continues through 7 June
- 8 Sri Thirugnanasambandar: Birthdate
- 13 Full Moon
- 17 All Saint's Day (Russian Orthodox)
- 25 Sri Manickavasagar: Birthdate
- 26 Lailatul-Qadr (Islam)

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## INTEGRAL YOGA AND YOU

INTEGRAL YOGA Magazine is the official organ of the Integral Yoga Institutes, Teaching Centers, and Satchidananda Ashrams. These centers are vehicles by which the Integral Yoga teachings of Sri Swami Satchidananda are lived and shared. The centers offer ongoing programs in the various branches of Yoga — including Hatha, Raja, Karma, Bhakti, and Jnana Yogas — as well as instruction in Yogic diet and other related topics. There are open classes, courses, teacher training programs, universal worship services, and retreats for both beginners and more advanced students. Resident programs, providing an opportunity to experience total Yogic living, are also possible. Those interested are invited to telephone or to visit the centers.

A wide range of guest programs are offered at the Ashrams in Buckingham, Virginia and Pomfret Center, Connecticut. Located at the Virginia Ashram are: The audio-video department, book publishing and distribution services; a school for children (Yogaville Vidyalayam), and the international coordination offices for all Integral Yoga Centers. The LOTUS (Light Of Truth Universal Shrine) is under construction, and an Integral Yoga Health Services Clinic is now in the early planning stages.

For more information, to arrange for an Integral Yoga program for any group, or to be put on our mailing list, please feel free to contact any of the centers listed inside the back cover of this Magazine. We are here to serve you.

Our sweet friend Tom Kelley has left the body. When I saw you at the New Year retreat and told you about Tom's failing health, you were so loving. It simply melted my heart when you sent a blessing back to Tom by me. He smiled so sweetly when I described seeing you and how you sent the blessing with your beautiful divine love.

Gurudev, you made Tom's life a richer experience. He told so many people about you and the tremendous wisdom of your words. He loved you very very much.

Thank you for all you gave to Tom, for all you give to me, for all you offer and give to all God's children. It is a great blessing to be on the planet during your lifetime.

-Marion Charles

*Ed. note: The beautiful photo on the cover of this issue was taken by the very fine photographer Tom Kelley, who passed on during January, 1984. His creative presence in this world will be greatly missed.*

I cannot leave without congratulating and thanking you for this wonderful place [Satchidananda Ashram, Virginia] that you have created for the benefit of us all. I have been very happy here, lucky to have come when you are in residence and bathed in the affection of all of your devotees. I leave a much richer person than I was on arrival. I take with me the memory of the wonderful satsangs and other programs. But most of all I take with me the loving atmosphere of the whole Ashram. Many thanks and God bless you for the outstanding work you are doing.

-C.B., London, England

In a very confusing world it is a great blessing to have a guru who is not so confusing. Thanks for helping make some sense out of all this insanity.

Before sleep one night our 5½ year-old son was telling me how much he loved you. I asked him why, his eyes closed blissfully



# Sri Gurudev

and he answered, "You know why. Because he's so sweet!"

Another night, as we bedded down on our outside sleeping platform, watching the myriad twinkling stars in the sky, I asked our son to pick one star and make a wish. He said, "I can't pick just one." I told him to pretend that they were all different flavored ice cream cones and to pick one flavor he liked best. He picked carob. I repeated for him to pick one star and make a wish. "I already did," he said. "I wished for ice cream!" I told him to wish again, this time for something besides food, something he would want more than anything in the whole world. There was a long silence, and finally he replied, "I want to know God." Then he fell asleep.

-S.J., North San Juan, CA

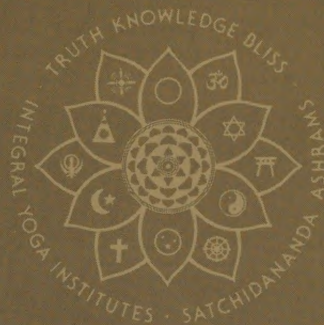
Thank you for being "He" who satisfieth the longing soul. I cannot express the gratitude I feel toward you. Your example and teachings are a shining light to all of us. May we all learn to follow your teachings completely in our lives and thus experience peace and joy always.

-S.S., Buckingham, VA

We bow our heads with folded hands before you and beg for your blessings. We cannot but express in words of love and affection our sincerest gratitude to your positive response to our request for a copy of *Integral Yoga Magazine*.

It is no exaggeration to say that you are the milk of human kindness and you permeate all that is pure and pristine. Your many disciples are really fortunate. You are their friend, philosopher and guide. Indeed, you invaded their minds, and their hearts are occupied by you. Yours is a great mission with your message of delivering good to all alike without discrimination.

-P. Chidambaranathan,  
Coimbatore, India



## Integral Yoga® Magazine

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**SRI SWAMI SATCHIDANANDA** is a master of Yoga, a world spiritual teacher, and Guru of the students of Integral Yoga. He is dedicated to the ecumenical movement, his motto being: "Truth is One, paths are many." His main residences are in Buckingham, Virginia during the summer and Santa Barbara, California during the winter. He also travels widely, sharing with people through every possible medium: lectures, conferences, radio, television and newspaper interviews, books, and visits to centers around the globe in the fields of education, religion, health and Yoga.

# NEVER TOO LATE



BY SRI SWAMI SATCHIDANANDA

*Question: Gurudev, I have spend most of my time in ignorance and selfishness. Only now I realize that the priority for seeking God is the most important. Could I hope that one day the inner joy will happen inside me or is it too late in this life?*

*Sri Gurudev: To realize the Truth it's never too late. The age of the body has nothing to do with it.*

Of course that's how people usually judge: "How old are you?" "How much do you weigh?" As soon as you are born, someone says, "Hey, it's a girl! She weighs 8 pounds and 5 ounces." They immediately identify you as a bundle of flesh. From the very beginning we have been identifying ourselves with the body. "I am heavy." "I am

skinny." "I am black." "I am white." "I am young." "I am old."

It is that kind of identification that make you say, "Is it too late?" It will never be too late. You will never even be allowed to quit until you realize God. Remember that. Life is a sort of forced education. You cannot quit that school and leave it behind. Wherever you go there will be a classroom. There will be a teacher waiting to teach you. You have to learn it today or tomorrow or next year or next life or after ten lives. Until we learn the Truth we will be given body after body after body. So how can you say it's too late?

At the same time you should know



doesn't really take that much time to save yourself or to know God. If your life is filled with dedication, renunciation there's nothing to interfere with that knowledge. Your vision becomes clear and you immediately experience the Truth.

A wonderful symbol of this is given in the Hindu temples. The sanctum sanctorum, where the eternal light of deity is located, is always covered with screens. On special occasions, or auspicious days the screen is opened and people see the light inside. This is a very symbolic event: The Light is always there inside us, but we don't see it. We don't see it because it is covered. Once the covering is removed, we see the Light. In the same way Peace, God, the Truth is always there. It is right in front of you, right behind you, within you, without you. It is present always. Why don't you see it? Because there is a veil that stands between you and the Truth. Normally, in the temples before the screen is taken away, *pujas* (worship ceremonies) are performed. At the point when the *naivedyam* is offered, all of a sudden the screen opens and beautiful sounds are made. That symbolizes the fact that the minute you become the *naivedyam* to God, the minute you offer yourself completely, then the veil in front of the Light is removed. We see similar worship in Judaism and Catholicism, perhaps in other religions too. The more you pray, the more the covering gets removed. With your final prayer the real Truth reveals itself. What happens in the temples is symbolic, it reminds us of the process in spiritual growth.

In Vadalur, the Light Temple of Saint Ramalingam, he had seven screens in front of the light. There were seven different colors — the inside one was white, the outside one was black. In between were all the different shades. This symbolized that the mind is very dark outside; as you keep scrubbing through the proper practice and dedication, little by little layer after layer is removed. Finally you come to the white layer and get a glimpse of a diffused light. When even that veil is removed, you get the true Light.

### Getting Burnt

That is what we are asked to do in the name of spiritual practice — clean up all the tarnished parts, clean the mind. The mind is coated with so many things, so many desires; and you have to get rid of them layer

by layer. Ultimately, the scriptures say, "Even the desire to attain liberation is a desire that binds you." See that? You wanted liberation; that's a desire. Even that is a subtle bondage. It's a helpful desire, but eventually even that one must go.

You are always liberated. Nobody bound you. Your own desires bind you. In the name of dedication what is it that you renounce? All the selfish desires which color and cover your mind. All the passions should be dispelled. That's what we call *vairagyam*, dispassion. Once our mind is completely free from selfish desires, we clearly see the Light within.

Constantly the ego wants gratification. As long as you are looking for happiness from outside things — a possession, a word, admiration, or whatever — you are sure to become unhappy. True, lasting happiness will never come from outside. As long as we search outside ourselves we are ignorant of our own happiness. If you really give up running after things, expecting things, then you rest in your own peace.

If you say, "Oh, it is so hard to give up wanting things," that's fine. Take your time. The things themselves will teach you. They will burn you. Then you will realize that happiness will never come from these things. Experience is a great teacher. I can warn you and say, "Don't do that; you will get burnt." But if you reply, "No! I want to do it. I love it," I won't stop you.

Today I got a call from someone who said, "Swamiji, I made a terrible mistake; but I'm glad I made that mistake." What was the mistake? Moving away from the Ashram to go after worldly attainments. The person said, "I'm glad I did that because now I feel I got completely burnt and these things I wanted can't really make me contented."

I said, "Okay. The door is always open. We never close our doors." In the Ashram or outside it we should never try to force someone not to do these things. We can warn them; but if they feel they must do it, let them go ahead. If they cannot learn here, there are hundreds of teachers wherever they go. The world is meant for that, to constantly teach us lessons.

### Thirst

Who will look for a cup of cold water? The one who is really thirsty. Who will become thirsty? The one who got scorched

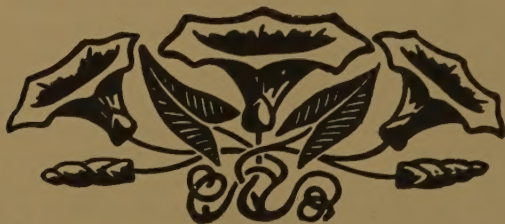
by the sun. Allow him or her to get scorched if he wants; let him feel thirsty and then he will appreciate your cool water. That's what we call spiritual seeking. A spiritual seeker is the one who stopped seeking other things, got tired of running after things of the world. First he becomes sick, and then he becomes a seeker.

Don't worry about the time limit or the age limit. If you are clever enough, you will learn it soon, today itself. You will learn even from the experience of others. You don't have to go through everything yourself. Intelligent people can learn lessons from the mistakes others make. If you see me put my finger into the fire and get burnt, should you do it too and say, "Only this way will I know that it really

burns?" If you must, go ahead and do it; but that is not intelligence.

All the great men and women who have told us in so many different ways about Truth unanimously said this: "There's no charm in the world. There is no way to satiate the senses. None of these things will make you eternally happy. Nothing, nothing, nothing in this world can satisfy you permanently."

Consider people who have fame, beauty, power, possessions, wealth, and so on. Are they happy? No. That itself is the proof that the world cannot bring happiness to you. It is never too late to realize this, to dedicate your life and to know God, the Peace within you.



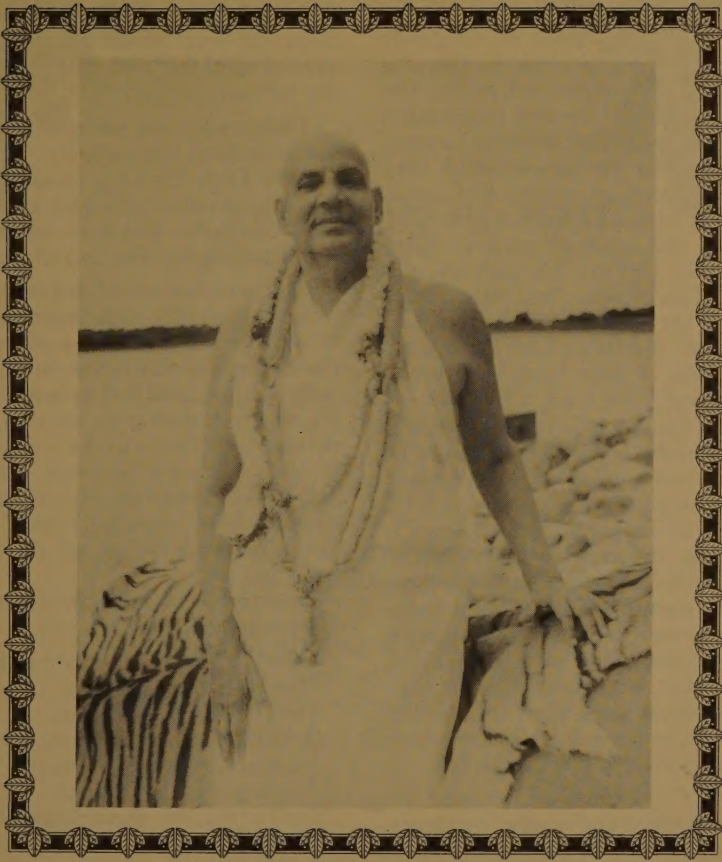
## In Noise and Clatter

Brother Lawrence had found such an advantage in walking in the presence of God, it was natural for him to recommend it earnestly to others. His own example was a stronger inducement than any arguments he could propose. His very countenance was edifying. Such a sweet and calm devotion appeared in it that could not help but affect the beholders. It was observed that in the greatest hurry of business in the kitchen, he still preserved his recollection and heavenly-mindedness. He was never hasty

nor loitering, but did each thing in its season, with an even, uninterrupted composure and tranquility of spirit.

"The time of business," said Brother Lawrence, "does not differ with me from the time of prayer. In the noise and clatter of my kitchen, while several people are at the same time calling for different things, I experience God in as great tranquility as if I were upon my knees at the Blessed Sacrament."





# A Heart To Melt

by Sri Swami Sivananda

The southern part of India is a land of poetry and mysticism. Her mountain solitudes, cool and pleasant groves, mutts, monasteries and temples on the banks of holy rivers, streams and stately towers pointing to Heaven have inspired the poets and philosophers.

In the fifth century A.D. sixty-three Saiva Saints made their dramatic appearance at different centers in South India and showed, by their singular example, an entirely new way of life toward attaining salvation. They hailed from various classes of society. There were both men and women. Their cosmopolitan character and

unconventional approach to the problem of life found universal acceptance. To them tile was not different from gold and they cared little for achieving salvation. But they loved to serve humanity toward its spiritual uplift. They showed by the life they lived that it was unnecessary to cut away from family and society for spiritual pursuits so long as one carried a detached attitude to life and viewed it objectively.

Service of God in the form of Lord Siva (God has many ways of appearing, and they saw him as Siva) in some way or other is all that mattered to them. For instance, one served the Lord by chanting the *Maha*

*Rudram* while remaining in the water; another by feeding a guest in the Lord's name before dining; another by cleaning the routes to the temple, and so on. The sixty-three saints and the nine group saints fit in broadly under four different categories, according to the means which they followed: physical service, called *sariya*; ritual, called *kriya*; communion with God, called *Yoga*; and spiritual enquiry, called *jnana* or *bodha*. This fourfold path was also known as *Dasa Marga*, *Purta Marga*, *Saba Marga*, and *San Marga*. The story of their lives contains the lesson and the inspiration, but some of them have, in addition, sung the glory of the Lord.

Of all the South Indian mystics, perhaps none has revealed in such clear details the mysteries of communion with the Lord and the bliss arising from that as Sri Manickavasagar did his immortal verses known as *Thiruvachakam* (the sacred text). Although he is not included among the sixty-three saints or the eighteen *siddhas* of South India, he had the unique opportunity of coming face to face with God at a place called Thiruperundurai, now known as Avudaya Koil. This mystic poet loved to refer frequently in his works to this incident which had marked a turning point in his life.

He sings:

"To me, who toiled and moiled 'mid fools  
that knew not way of final peace,  
He taught the way of pious love, so that old  
deeds might cease and flee;  
Purging the foulness of my will, made me  
pure bliss, took for His own  
'Twas thus the Dance gave me grace,  
O Rapture; Who so blest as I?"

In these lines the poet shows the limitations of temporal or tuitional knowledge. It fails to take us anywhere on the road to Freedom. The word "*moorker*", which has been translated here as "fools" actually means "those who scoff at spiritual culture." Contact with the Lord had shown him how devotion alone could bestow on him intuition, which destroys the fruits of past karma. His inner self became purified and he was raised to the state of God awareness. This intensely personal note is characteristic of Manickavasagar.

What is wanted, therefore, is not mere

learning but the capacity to feel, to melt away like wax before fire at hearing the very name of the Lord. That is his prayer in the following verse:

"I ask not for kin, nor name, nor place.  
Nor learned man's society,  
With Thou one boon on me bestow,  
A heart to melt in longing sweet,  
As yearns her new born calf the cow,  
In yearning for Thy sacred feet."

The above lines show that the mystic has relapsed to worldly consciousness and prays to the Lord to lift him up to that higher plane where he may enjoy the bliss of communion. The Lord had already shown him the way to it during his meeting at Thiruperundurai. That can be achieved only through profound devotion even as the cow has for the calf she has yielded. Having drunk of the fountain of bliss, it is but natural that he should ask for the favor again and again.

Here is a verse which discloses the bliss of communion with the Lord.

"Thrills and trembles my frame,  
Hands are lifted on high,  
Here at Thy fragrant feet,  
Sobbing and weeping I cry,  
Falsehood forsaking, I shout,  
'Victory, Victory, Praise!'  
Lord of my life, these clasped hands,  
Worship shall bring Thee always."

The forgoing lines are characteristic of Manickavasagar. He shows the measure of man and God in those expressions "hands lifted on high," which could not reach beyond "His feet." By the term, "falsehood forsaking" he implies transcending the physical, astral, and other planes which, by virtue of their fleeting existence, are necessarily false and so are the fruits of karma. The triumph of spirit over matter and the eminence of the Lord are shown in the closing lines.

The *Siddhas* or the South Indian mystics, of whom eighteen are popularly known, offer the highest spiritual truths in the language of the masses. They have the gift of clothing lofty thoughts in simple expressions, transcending the borders of caste and convention.

-from "Spiritual Experiences"







# The Quickening of Spirit

by Raghudas

*"Don't worry; everything is super-fine."*

*-Sri Gurudev*

The Quickening of Spirit  
makes laughter seem the sound  
that permeates the planets,  
and everyone around.



The Blossoming of Beauty  
results from seeing through  
the unveil'd vision of the Heart,  
so all is seen anew.

The Vanquishing of Sorrow  
comes not from sudden bliss,  
but rather with the knoweldge  
we make our *own* abyss.

The 'Wakening of Wonder  
envelops and enfolds,  
and it grows in magnitude  
'til Rapture's hand it holds.

The Glittering of Glory  
transmut'd from within,  
bestows upon the pilgrim  
all that's ever been.

The Quickening of Spirit  
remains Its own reward —  
for from that Great Elixir  
all Being is outpour'd.





by Swami Bhaskarananda

# NAVIGATING THROUGH LIFE

Navigating through life is sometimes quite a challenge, and I have found helpful techniques as a pilot which I use in daily life. Preflight planning, immediately returning to the correct course when you stray, and setting short term goals are just a few. In aviation navigation, as in all journeys, we must keep many factors in mind for a safe, easeful trip.

## Preflight Planning

First determine the goal or destination and locate it on the map. In other words, use the teachings of sages and saints to find out what the goal is and how to reach it. Next, study the routing or path to the destination. The pilot wants to be sure that he or she has enough fuel and to note the spots where a timely refueling can be made. The pilot also wants to avoid hazards such as military training zones and maintain proper clearance over tall obstacles. All the guidance for this is provided by the map or (for the spiritual seeker) by the great scriptures and teachings. Those who already know their way to the goal have given us warnings about what obstacles to watch for and what to do when we encounter them.

## Stay on Course

On a long journey, it is imperative to stay on course. A little crosswind (or unfavorable influence) without the proper correction could result in losing one's way. Many times visibility is poor; and if the heading is only one or two degrees off, the pilot could end up far from the original goal. Similar to these crosswinds, people have subtle influences which could lead them off course if they are not cautious. However, with a tailwind or a wind pushing us from the rear, it will take less effort to progress on the path

and we will arrive at the goal sooner. Right company or *satsanga* is the spiritual tailwind. With proper company we are inspired toward the goal and the journey becomes easy.

Thorough preflight planning is vitally important. Daily we journey through this world. With proper pre-planning we can be as prepared as possible to meet the day's adventures.

As spiritual seekers great preparation is needed. The proper moral and ethical codes are part of our preparation for this journey. They provide the basic training which will help us know how to keep on course even when something unusual occurs.



## Immediate Goals

In aviation navigation, there are different beacons which emit a signal along the general route. With proper tuning of the radio navigational instruments, the pilot can receive this signal. Once the first beacon is reached, a second beacon farther along the route is tuned in. In this way one may go from point to point, or immediate goal to immediate goal, and safely arrive at the final destination. With this information pilots can identify where they are and determine if they are left or right of course. The first



int that one is off course means it is time to immediately take corrective actions. Here constant vigilance is of the essence. This practice is a guiding light in my own life. Observing my mind, I see that it continually strays into less than desirable places. Little energy is needed to make a small correction; a great deal of energy is needed for moderate correction; and for a large correction only God's grace can help. If we are vigilant, we can catch the mind/plane when it first begins to stray from the course; then we can easily make the necessary corrections.

Daily the spiritual seeker should have certain goals that develop virtue and which are in the realm of his or her capacity. Striving toward a good, simple, pure and moderate diet, regularly practicing Hatha Yoga, pranayama and meditation, positive thinking, right attitudes and non-attachment are few examples of excellent things to work on to bring one closer to the ultimate goal of God Realization.

I find that Sri Gurudev has given perfect information for the spiritual pilot. His teachings offer detailed guidelines for pre-flight planning; they give the perfect map for spiritual flight plans; they tell of good associations to watch for and obstacles to avoid; they tell us how to keep on course and how to get back on if we make an error; his teachings give us the beacon signals along the way and the landing lights at the destination. What more could anyone ask for?

Happy soaring!

Swami Bhashkarananda is a devotee of Sri Gurudev. Among his many areas of service at The Virginia Ashram is the joyful one of frequently flying the four-seat, Cessna plane called "The Spirit of Yoga."

"The Spirit of Yoga" is housed at Lotus International Airport, an FAA licensed private airstrip at Yogaville. The 2700-foot grass strip is equipped with a wind indicator and landing lights for evening departure and arrival and can be found on the Federal Aviation Administration map.



## Proof Positive

Min once asked Rabbi Akiba, "Who created this world?"

"The Holy One, blessed be He!" replied the Rabbi.

"Give me positive proof of this," begged the visitor.

"Come tomorrow," the Rabbi simply said.

When the Min returned the next day, Rabbi Akiba asked, "What are you dressed?"

"In a garment," was the surprised reply.

"Who made it?" inquired the Rabbi.

"A weaver," was the answer.

"I don't believe you," stated the Rabbi.

"Give me positive proof."

"I don't need to demonstrate that," the Min said. "It stands to reason that a weaver made it."

"And so you may know that God created the world," observed the Rabbi.

When the Min departed, the Rabbi's disciples asked him, "What is proof positive?" He explained, "My children, as a house implies a builder, and a garment a weaver, and a door a carpenter, so likewise the existence of the world implies that the Holy One — blessed be He! — created it."

—from the Midrash Teromah

## IN A CERTAIN FOREST . . .

Sage Vasistha said:

"O Rama, in a certain forest I saw a very strange creature indeed — a spirit with hundreds of hands and hundreds of feet. He had many heads and countless pairs of eyes. He was restless beyond belief. Through some of his heads he was laughing. At the same time, he was crying through his other heads. With many of his hands he was beating himself, while with his remaining hands he endeavored to save himself. In his ceaseless wandering he often fell into great pits in the ground and suffered intensely. Occasionally he would pause in plantain groves to enjoy some peace and contentment. But soon he would again begin his foolish movements, still beating himself and yet desperately trying to save himself at the same time.

"Seeing him so ignorant and deluded, I went to catch hold of him. But he was wholly unwilling, full of struggle and resistance. Still I persevered with all my might, till at last he was caught, though he still continued to struggle. He wept and said, 'This is cruel. Why have you captured me? You will destroy me!'

"Still I continued to hold him. And behold. His many legs began to disappear, his many arms began to fall away, His heads began to diminish in number. Finding himself so completely transformed, he laughed with inexpressible joy. All of his miseries were being overcome. He was so grateful. There were many more such spirits in this forest as well. Some were subdued by me

and released from their suffering. Many more still continue to resist in vain."

Lord Rama asked:

"O Guru, where is that forest and who is such a spirit?"

Sage Vasistha explained:

"The world is a forest. Mind is the spirit. This mind has countless legs of imagination, countless hands of thoughts, countless heads of desires. It is in constant discord with itself. While one part of the mind works in one direction, other parts of the mind are engaged in contrary activity. Various desires and thoughts war with each other, and the conscious mind is ceaselessly battling the subconscious mind.

"When I approached the mind through concentration, inquiry and meditation, he consistently attempted to escape. At first it is repulsive to the mind to be subject to discipline and thus there is weeping and rebellion. But as the complexes of the mind dissolve and desires are seen in their proper perspective, the mind is increasingly aware of the joy of Peace.

"Many there are who have attained release. Many still continue to roam the dark forest of the world-process, undoing that which they are eager to do. In their desire for bliss they form new chains of suffering.

"Therefore, O Rama, realize your own mind to be such a spirit. Subdue it through meditation and self-inquiry. Enlighten it in the knowledge of the Self."

*-adapted from the Yoga Vasistha*







# A Divine Treasure For You

by Sri Swami Sivananda

Learn about Divine Life. God's world is a wonder. God is love. God is standing by your side. Be radiant. Love and live. Have perfect trust in God. Make room for God's blessings. God is blessing you now. Do unconditional surrender to God. Say, "I think of you, God, at all times."

God dwells in your heart. He is quite close to you. His creed is such a simple one: "Serve. Love. Give. Purify. Meditate. Be truthful." Therefore, join His creed at once.

Do not condemn yourself. You are divine. Have confidence in yourself. Unlock yourself. Know thyself. Cheer yourself. Shut your door on the traitors of fear, disease, worry; and in their stead invite confidence, courage, peace, and health. You can succeed in every undertaking if you know the unlimited power that is in you. You will have amazing progress.

Truth never dies; falsehood never lives. Love never dies; hatred never lives. Bliss never dies; pain never lives. Joy never dies; sorrow never lives. The Divine never dies; form never lives. Speak the truth. Love all. Realize God.

Scatter joy and you will harvest it. Distribute wealth and you will have abundance. Radiate happiness and you will reap it.

O ignorant man! Aspire fervently for sainthood or Yogiship or Jivanmuktaship. Rise above slavery to the mind and senses and attain Kingship by adoring the saints and living in the spirit of their teachings. Be sincere, earnest and truthful. The Lord will bless you.

*-from the Journal of the  
Divine Life Society*

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# A SMOKY LESSON

by Swami Nischalananda Ma

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I remember an incident at the Kansas City Airport when Sri Gurudev gave me a valuable lesson about relaxing under all circumstances, letting nothing disturb my peace.

I was one of three people flying with Gurudev to Arkansas. There had been some last minute confusion in the flight, and somehow our party had been booked to Kansas City but no farther. Arriving in the Kansas City Airport, we found that there were no seats left on the flight from Kansas City to Arkansas. Sri Gurudev was supposed to speak in Arkansas that very night. The next flight with available seats would get us to our destination well after his scheduled talk.

When I went to put our names on the standby list I found that the plane was not only full but it was also late. The room was packed with smokers waiting for their flight. When smokers are nervous, they smoke more; and the late flight had made them very nervous. The waiting room was so filled with smoke that I literally could hardly see the people.

It was into this crowded, smoky waiting room that Sri Gurudev calmly walked. There wasn't even a place to sit. Someone moved over so there was a bit of space for Sri Gurudev to have a seat. I felt terrible that he had to endure this situation. He, however, was totally at ease.

"What's the matter?" he asked me.

"The smoke, Gurudev. It's so bad. I'm afraid it must be really irritating to your lungs."

"Look at you, complaining," he laughed. "You should feel fortunate."

I tried to think of what he could possibly mean. How was I fortunate? Was it because I was there with my beloved guru and friends instead of by myself in this uncomfortable place? I just didn't know so I simply said, "Yes, Gurudev."

He obviously noticed my confusion. "Do you know why you are fortunate?"

"Well...no not really."

"All these people around you are smoking. Do you know how much they have to pay for their cigarettes?"

"A lot of money."

"Yes. And here you are getting all this precious smoke for free! Just relax and enjoy it!"

Well, I can't say I enjoyed it, but I did relax a little and thought about the real lesson. Certainly Gurudev was not advocating seeking out smoke-filled rooms to enjoy a free "smoke"! We all know he is very opposed to smoking, is always helping people to quit, and is quite supportive of bills to provide non-smoking areas in public places. Surely he would prefer to sit in a place free of smoke. Yet, here was a situation where there was simply no choice. We had to sit there, and "there" was a smoke-filled room. There was no use to create mental tension about the situation. Obviously the only thing to do was to see the humor in it and stay peaceful.

## Divine Seating

After a while, Gurudev asked, "What's the story with the standby list?"



"It doesn't look good, Gurudev," I told him. "The woman behind the counter said that because the plane is late everyone has checked in for the flight. Especially because we need four seats, there's not much chance of cancellation at this point. I told her that even one seat would be good because that way you could go ahead to the talk and we could catch a later flight."

Gurudev looked at the check-in desk for a moment. "Hmmm. I think that's the Divine Mother behind the counter there." We all looked at her, and she just looked like a regular airline employee to us. Gurudev said, "Probably we could do a chant to the Divine Mother."

Sitting there in the crowded, smoky Kansas City Airport waiting room, we joined Gurudev in very softly chanting to the Divine Mother. "Make sure you direct it to the divine mother behind the counter," he told us. It was hard to see how this soft little chant could help matters, but we did it.

Just as we finished chanting, they announced that the plane had landed.

"Go up and check again," Gurudev instructed me.

As I went I couldn't help wondering how they could possibly find four seats on the flight. It probably wasn't even any use to ask.

"Excuse me. Do you know yet whether there are any seats?"

The woman behind the counter looked

up at me. "Something very strange just happened. There are exactly four seats available on the plane. Three are in the smoking section, and one is in the non-smoking section." She said she had no idea where these seats came from because all the pre-booked passengers had checked in.

Very humbly, I returned to our little group. "Gurudev, they do have four seats."

"Good!" he said as he energetically jumped up, ready to go.

"There are three in the smoking section, and one in the non-smoking section. All of us would really like for you to take the seat in the non-smoking area."

Gurudev winked at me. "Okay. I give you permission to continue smoking when we get on the plane."

We followed him onto the plane, and the three of us in the smoking section were able to look at it as a joke rather than a burden to be endured with gloom.

It was a great lesson for me — one that I apply now in many situations that would otherwise be a source of grave discomfort. He showed us that day how to take a bad situation and turn it into a joyful one. I can still picture him in Kansas amidst the clouds of smoke, playing with children who came to talk with him, easefully conversing with people around him, and in general being as relaxed as if he were sitting in the most luxurious living room with the cleanest air. Yes, the whole world is certainly his home.





## Enchantment

by Raghudas

(For my beloved Gurudev)

In endless joy I behold your lustrous form  
Flowing with devotion upon Love's ocean —  
Wondrous sea of perpetual emotion!  
Is this a Love-virus? I'm suddenly warm.  
Never have I seen such a radiant face,  
With soft, enchanting smile and gentle fawn-eyes,  
Mirror the Infinite-Love which never dies —  
Serene, Self-effulgent, suffused with God's grace!  
You wear a gown of silk crowned by streams of hair  
Entwined into a cascading waterfall;  
Flute-like is your voice — most magical of all!  
I'm drunk on your nectar; I'm climbing on air.  
Timeless, enraptured, more dazzling than the sun,  
Rejoice! Blessed Love, we are forever One.



# DAY BY DAY WITH SRI GURUDEV



## MALAYSIA

The Malaysian Divine Life Society invited Sri Gurudev to join his brother monks Sri Swami Chidananda and Sri Swami Vishnudevananda as the special guests for the Silver Jubilee festivities of the Society. He arrived in Kuala Lumpur in August, 1983 for the celebrations.

The Society has many branches which were formed through the selfless service of another brother monk, Sri Swami Pranavanandaji, who was born and raised in Malaysia. He came to know of the great teachings of Sri Swami Sivanandaji Maharaj and was initiated by the great master into the Holy Order of Sannyas. Then he returned to spread these timeless teachings throughout Malaysia. This dedicated *sannyasi* left his body the preceding year, 1982; and the Silver Jubilee was dedicated to his memory. Swami Chidanandaji had specifically requested that Sri Gurudev and Swami Vishnudevanandaji be present for the dedication and consecration of the Samadhi Shrine which was built during the year by the devotees in honor of Pranavanandaji.

It was a rare and great opportunity to see Sri Gurudev together with Chidanandaji,

Vishnudevanandaji, and Sri Swami Jivanmuktanandaji (the successor to Pranavanandaji).

### Don't Avoid Obstacles

The first evening's program was dedicated to the ecumenical theme "Religion, the Basis of Life." Religious leaders from various traditions spoke on this theme. Malaysia has a diverse group of people, including a large population of Moslems, as well as Chinese Buddhists, Christians, and Hindus, and it was inspiring to see representatives of all faiths gathered in one place.

At the conclusion of the program, Swami Chidanandaji asked Gurudev to say a few words about his ecumenical work around the world and about the LOTUS.

On the following morning, the 21st of August, Gurudev gave a lecture to the more than 500 people gathered there. He explained the significance of obstacles in our lives, comparing them to an obstacle race. He explained that obstacles are purposely placed all along the way to see who can pass through them most quickly and adeptly. If you enter an obstacle race and simply avoid all the obstacles as you run, or push them out of the way and then try to claim the prize, it certainly will not be

The Malaysian Divine Life Society. Sri Gurudev, Sri Swami Chidanandaji, Sri Swami Vishnudevanandaji.





given to you. Gurudev went on to say, "Life is the same way. God purposely puts obstacles on the course and says, 'Go through that.' 'Don't avoid this.' If you successfully go through all the obstacles and get to the end of the course, you get the Cup of God-realization. That is the way we prove our capability. Life is full of purposely placed impediments. Once you go through them all, you are free from any dirt that would obscure your vision of the true Self."

In the evening, a beautiful cultural program was presented. Indian dances and music were performed by children and adults. Swami Chidanandaji asked Gurudev to present the LOTUS slide show, which was greatly appreciated by everyone.

Sri Gurudev gave the evening talk for the culmination of the three-day conference. He spoke about *maya* (illusion) and the world. "The world was created to give us painful experiences so we can learn the Truth. Once you learn this lesson, you turn to the Lord."

The next day, Gurudev had an invitation to visit and bless the Satya Sai Baba Center in Kuala Lumpur. During their weekly *bhaktans*, they chant to all the various deities of various religions and to all different names of God. Naturally, Sri Gurudev was very happy to be in the midst of the ecumenical gathering. He spoke about the beauty of unity in diversity and said, "In this age when we see so much violence in the name of religion, it is a joy to be among you all. If there are more gatherings like this, the world will very soon find peace."

During Gurudev's stay in Malaysia, he was hosted by Mr. and Mrs. Subramaniam. Mr. Subramaniam is a brother to Parameshwari Adie, and Parameshwari had come from the United States especially to be in Malaysia during Sri Gurudev's visit. Her family showered all of their loving hospitality on Gurudev and made his stay very comfortable. During one afternoon, Mrs. Subramaniam took him for a tour of the National Mosque and a nearby Buddhist temple.

On the 24th of August, Sri Gurudev joined Swami Chidanandaji for a program for the Divine Life Society in the neighboring state of Raub. On the 25th, at Chidanandaji's request, Gurudev flew to the city of Ipoh to address the Tamil speaking devotees there. Before the evening pro-

gram, Gurudev was invited to visit Sri Swami Atmanandaji who manages a nature cure clinic in Ipoh. Gurudev toured the facility, where many drug addicts are successfully treated with nature cure techniques and yoga practice.

On the 27th, Sri Gurudev returned to Kuala Lumpur and met with the High Commissioner of Sri Lanka Sri Ananda Seneviratne and his wife. Both of them had been students of Sri Gurudev when he lived in Sri Lanka. They spoke of the critical situation of domestic unrest in Sri Lanka, and Gurudev offered many suggestions for resolving the problems.

That evening Gurudev went to the Sivananda Ashram for the Second Annual Memorial Lecture offered in loving memory of Sri Swami Pranavanandaji. Swami Chidanandaji and the Deputy Minister of Health, Dato K. Pathmanabhan, also participated in the program which was introduced by a play performed by the Divine Life Society children.

### Produce Sannyasins

The culmination of all the activities took place on the 28th of August with the consecration of the Samadhi Shrine of Sri Swami Pranavanandaji Maharaj. Artisans from India had designed and built the beautiful marble shrine, and funds had been lovingly offered by the devotees. Before the unveiling of the shrine, representatives from each of the thirteen Divine Life Society branches throughout Malaysia paid homage to Swami Pranavanandaji. Chidanandaji asked Gurudev to say a few words, and Gurudev took the opportunity to encourage the Divine Life Society members to "produce many *sannyasins* among your ranks." He also encouraged them to take this opportunity to make a firm resolution (*sankalpa*) to cultivate a particular virtue or abstain from a particular vice and to increase the time spent in spiritual practices. Chidanandaji presented the newly released editions of books and a souvenir journal released in honor of Pranavanandaji. He presented honors to several of the members for their dedicated service to the Divine Life Society. Chidanandaji conferred titles, in the way Master Sivanandaji had instituted, among them "Guruseva Ratna," which means the "Gem of Guru Service," and "Gurubhakti Ratna," meaning "Gem of Devotion to the Guru."

Swami Chidanandaji invited Sri Gurudev to light the oil lamp in front of the shrine. Then the shrine was unveiled and decorated with flowers. This was the crowning event of the week's festivities, and soon afterward both Gurudev and Chidanandaji departed for their world tours. Special thanks were certainly felt for all the Divine Life Society members and to Mr. and Mrs. Mahesh, all of whom provided the most gracious hospitality.



Gurudev and Chidanandaji started out on the same flight, and it was a special treat to be with these great Masters. Gurudev lovingly looked after Chidanandaji, offering him several seats so that he could lie down and rest. Gurudev himself covered Chidanandaji with blankets and gave him pillows. When the plane arrived at Chidanandaji's destination, Gurudev disembarked with him and waited to be sure that his arrival was a smooth one.

## BELGIUM

The Reverend Krishna Van Lierde and Karuna Ehlermann met Sri Gurudev in Belgium, and drove him to the home of Savitri and Roger DeMeyer. These considerate devotees were unfortunately away during this time, but they had offered their home for Sri Gurudev's use. On the 1st of September, Gurudev traveled on to Aalst where longtime devotee Narayana Kiekens, his wife Lakshmi, and brother Siva had organized a program at the Divine Life Society branch that they direct. It was in 1966 that Narayana and Siva first met Gurudev and named him as a patron of the Belgian Yoga Federation. Photos of Gurudev taken during the 1960's adorned the walls of this Divine Life Society Branch. Also living at the center, which is also called Sivananda Ashram, are the Reverends Krishna and Radha Van Lierde and their 3 children Shanthi, Surya, and baby Prema. It was a very happy reunion for them with Sri Gurudev and the first time he had seen the baby.

On the 3rd of September, Rama Saenen, Director of the Raja Yoga and Vedanta Center of Antwerp invited Sri Gurudev to his center. Over one hundred students gathered to hear him speak. Rama also met Gurudev in 1966 and has many photos of that time. The center is dedicated to Sri Ramakrishna, and the photos of Gurudev are surrounded by beautiful pictures of Sri Ramakrishna, Sri Swami Vivekananda, Sri Swami Venkatesananda, and many others. Rama told Gurudev, "Swamiji, as you say, 'Truth is one, paths are many.' Here at our center we honor all of the great masters and spiritual paths, but the scriptures tell us that

there may be only one Satguru for a seeker, though there may be many *upa gurus*. For me and for our center, you are the Satguru."

## Lausanne and Brussels:

After leaving Zinal, on the 12th of September, Sri Gurudev was met by Mr. and Mrs. A.R. Hug and driven to Lausanne. In 1968 he had first dedicated their yoga center as an Integral Yoga Institute. Big, thick towels with the initials "I.Y.I." imprinted on them line the floor of their large asana hall. For their center, they only train teachers who have some mastery of Hatha Yoga and the ethical teachings of yama and niyama. They are a truly yogic couple and Gurudev praised their work.

In the evening, the Hugs invited their students to attend a satsang given by Gurudev. He spoke on the subject of Raja Yoga and went on to explain the hazards of cigarette smoking. It was such an inspiring message that in the evening two of the students vowed to give up their cigarette smoking immediately.

The next day Gurudev flew to Brussels where Savitri and Roger DeMeyer, Karuna Ehlermann and Krishna Van Lierde met him. Karuna lovingly opened her home for Gurudev to stay in and had organized an ecumenical gathering. Local clergy and scholars joined to discuss the different religious paths and goals, alluding to the common points behind all the religions. It was truly an enlightening evening and was the first of its kind ever to be held in Belgium. Gurudev spoke at length about the need for real ecumenical understanding and for more gatherings such as this. He explained the reasons for the world crisis to-





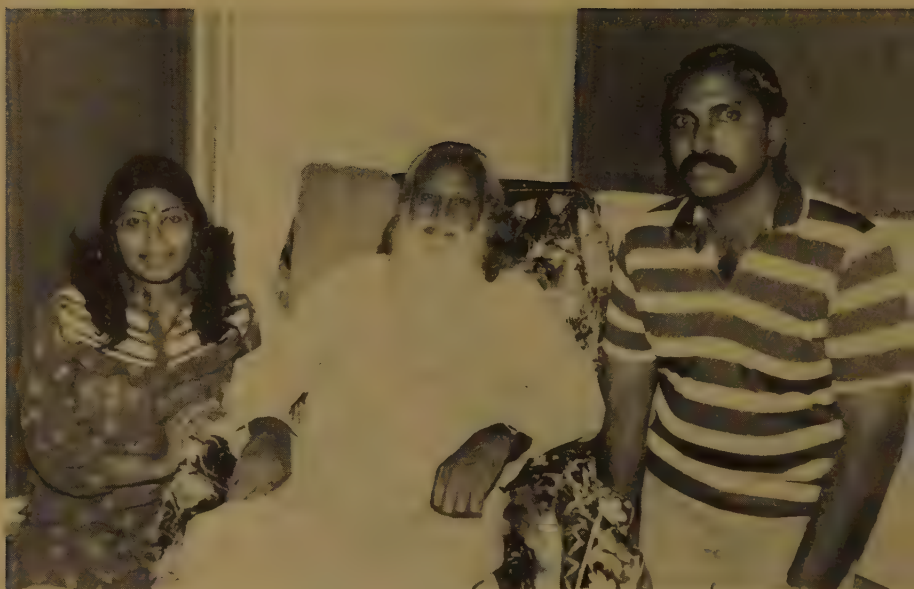
The Aalst Family.

based on lack of spiritual understand-  
and he encouraged all who gathered to  
ee to at least monthly meetings in this  
e of format and to hold ecumenical wor-  
services. Gurudev requested everyone  
oin hands, and he closed the program  
n the chanting of "Om Shanthi." Rabbi  
inski of Antwerp approached Gurudev  
said, "I am so happy that we all gathered  
ether like this. I so much enjoyed your  
. It was not just a talk but it was a  
hing. Thank you."

Rama Saenen had organized a beautiful  
LOTUS fund-raising luncheon in Antwerp  
on the 14th of September. Held in a very  
nd and beautiful hotel, over 60 of his  
ents from the Raja Yoga Center attend-  
and offered harp and classical guitar  
ic between the meal courses. They re-  
ved Gurudev with beautiful flowers and  
ands and the following greeting. "Very  
Gurudev Sachidananda, Hari Om. In  
name of Rama and the whole Flemish  
Yoga group I would like to express our  
oiness to enjoy once more your blissful  
pany. Be most welcome Gurudev. To  
y the beauties of life that are no  
rruption on the path of Self-realization

is wise, we believe. So we thought it would  
be a good idea to join the useful and the  
joyful in making our contribution to the  
LOTUS Temple a celebration. The meal  
that we will share this afternoon will be an  
offering to your beautiful work, a kind of  
LOTUS communion. To taste the food  
with joy and awareness is Yoga. To make  
the food as our offering to the Guru is  
higher Yoga. May this meal be a part of our  
sadhana. In the hatha yoga scriptures it is  
said that there is nothing like music to  
elevate the mind. Therefore, we will put an  
aura of music around this festivity starting  
with some Indian kirtan and continuing  
with inspiring Western music on harp and  
guitar. Dear Gurudev, dear Father, we all  
do hope that you may enjoy the celebra-  
tion, the offering to the LOTUS work, the  
food, the music and the love of your  
children in yoga. Hari Om Tat Sat."

We are all very grateful to Rama Saenen  
and his students for their loving and  
gracious support of LOTUS. That evening  
Savitra De Meyer who is the Director of  
the Integral Yoga Institute of Brussels  
organized a public lecture by Gurudev on  
the topic of overcoming stress and anxiety.



Sri Gurudev with Padma and Raj Kumar.

## London

On the 15th September Gurudev flew from Brussels to London, where he was met by Mr. George Harilela, Sivaguru Pillai, Mr. Mathoor Krishnamoorthy of the Bharatya Vidya Bhavan, Kali Rosenblum and Kevin Smith. Mr. Harilela graciously arranged a dinner party at the Harilela's restaurant "Viceroy of India." There Gurudev enjoyed a wonderful reunion with members of the Rasiah family who are now living in England. Padma and her husband, Raj Kumar had just arrived from the strife-filled Sri Lanka. They were thrilled to be in Gurudev's presence and to receive his blessings for the birth of their first child. Kali joined Gurudev the following day as he flew to Newcastle in Northern England. British Wheel of Yoga teacher and devotee Lena Waters had organized a one-day seminar for her yoga students. Both Lena and another devotee, Val Landreth, had met Gurudev in Zinal several years ago. When Lena received Gurudev in Newcastle on the 15th of September, she was overjoyed - exclaiming, "I never thought that you would ever come here. This has got to be the happiest day of my life." Gurudev warmly greeted her and teased Lena saying, "Yes, but one thing I forgot to bring."

Lena asked, "What, Gurudev?"

Gurudev said, "A piece of coal." (New-

castle was once a great coal-mining area and thus the expression came, "Doing such and-such is like bringing coal to Newcastle.")

Lena took Gurudev for a little sight-seeing, and after a short drive we arrived at the beautiful Durham Cathedral. It is a lovely church and when Gurudev arrived a special ceremony was in progress. Upon further inquiring, we were advised that the ceremony was being conducted by the Bishop who was installing two honorary Deacons. Otherwise the church would have been closed. We were able to see the Bishop, the chapel, and to hear the angelic voices of the young boys' choir. At the close of the service, Gurudev moved closer to approach the high altar. At one point he walked to the right side of the Cathedral, stood at a certain point, closed his eyes and was immersed in prayer for a few minutes. Then he prostrated and left the chapel. Later he mentioned that he felt a strong vibration at the place where he stopped. Lena told us that that was the exact point under which St. Bede is enshrined and entombed. Many who come to worship in this church stop at that exact point to pray.

Gurudev spoke on the 17th of September in two sessions. In the morning he shared some insights into his early life and how it influenced him. "If I am anything to-





At St. Mary's Sacred Heart College.

day it's because of my parents who shaped me. If I was late in the morning for school and came to the breakfast table in a hurry to eat something quickly, my mother would ask, 'Did you say your prayers already?' I would say, 'But Mama, I got late for school and I didn't have time.' 'Oh,' she would reply, 'but you have time to eat? If there is time to eat, then there is time to pray. Go back and use this time to pray. When you come back home for lunch I will give you a nice big lunch.' That was the kind of training I got."

This raised a question in the afternoon session of how to be a good Yoga teacher. Gurudev explained, "Don't think of yourself as a teacher. Let others learn from your example. Have the attitude that you are still a learner. When others come and ask you, share with them."

The seminar was held at the St. Mary's Sacred Heart College and when Gurudev entered the grounds he saw a beautiful statue of Lord Jesus. Gurudev in a loving and respectful way explained bowed to Lord Jesus and said, "Hello, my Brother." Yoga classes are offered at the college and several of the Catholic Sisters attended Gurudev's talks and afterwards introduced themselves. Lena offered the proceeds from the Seminars to LOTUS; and, as well, she and her students had held a LOTUS dinner and auction several days before and offered those proceeds too. Special thanks to Lena, who is now known as Lakshmi, to Val, now known as Vimala, and to Hugh, now called Moorti, for all their love and hospitality.

On the 18th of September Sri Gurudev flew to Glasgow where Scottish Yoga Association teacher and long-time friend, Patti McTavish, had organized several programs. Patti and her husband Duncan lovingly opened their home to Gurudev. Patti recounted the story of how in the 1950's she and Duncan were living in Hong Kong

because of his business. Patti was suffering from many health problems — especially with her spine, and she decided to try Yoga. With the help of teacher Thelma Heilmeyer, whom Sri Gurudev calls Shanthi, Patti began practicing Yoga. She recalled that once she was invited to attend a satsang at Shanthi's home. Gurudev spoke there and Patti said that when she looked back she could see how the seeds were sown in her present serious involvement in Yoga.

Patti greeted Gurudev with a lovely flower arrangement and explained the various flowers in the arrangement. She said that the heather was for good luck, roses for love, rosemary for remembrance and the colored ribbons a symbol of Scotland and a welcome.

Gurudev spoke to a group assembled at the Glasgow Theosophical Society. At the end of the talk an older woman approached Gurudev and told him, "The other night I was sitting in Patti's meditation class. At the end of the meditation I saw a figure clothed in peach-colored robes above her head. I felt a very peaceful, lovely feeling but I was so puzzled and did not understand this at all. When I came into this room today I saw you, I understood. You were the figure I saw above Patti's head." Patti took Gurudev to a beautiful stately hotel overlooking the famous Clyde River. There over 35 of the yoga teachers of Glasgow and several students joined for a lovely dinner. Later the hotel there was a gathering to discuss meditation. Gurudev spoke of various approaches to meditation, answered questions and led everyone in a short meditation. At the end of the gathering I was very struck by how moved the participants were. To see the British who have a reputation for being rather reserved openly shedding tears of joy at being in Gurudev's presence was touching to behold.

—Swami Premananda M



# YOGAVILLE GROWS



Sri Gurudev supervises the installation of the new Yogaville service station and then serves as the first "customer."





"You are always liberated.  
Nobody bound you.  
Your own desires bind you."

-Sri Gurudev

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filled with dedication,  
there's nothing to interfere  
with that Knowledge.  
Your vision becomes clear  
and you immediately  
experience the Truth."

-Sri Gurudev

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There will be a teacher  
waiting to teach you."

-Sri Gurudev

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"Once the mind is  
completely free from selfish desires,  
you clearly see the Light within."

-Sri Gurudev

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"The World is meant to constantly teach us lessons." -Sri Gurudev

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"If you really give up  
running after things,  
expecting things,  
you rest in your own peace."

-Sri Gurudev

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"In the name of spiritual practice,  
we are asked to  
clean up all the tarnished parts  
of the mind."

-Sri Gurudev

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True, lasting happiness  
never come from outside.  
As long as we search  
outside ourselves,  
we are ignorant of  
our own natural happiness."

-Sri Gurudev

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"It is never too late  
to dedicate your life  
and to know God,  
the Peace within you."

-Sri Gurudev

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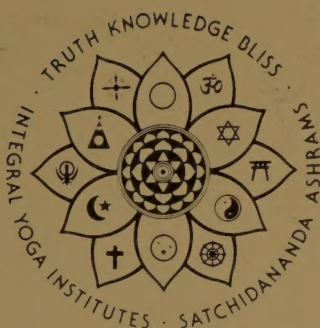
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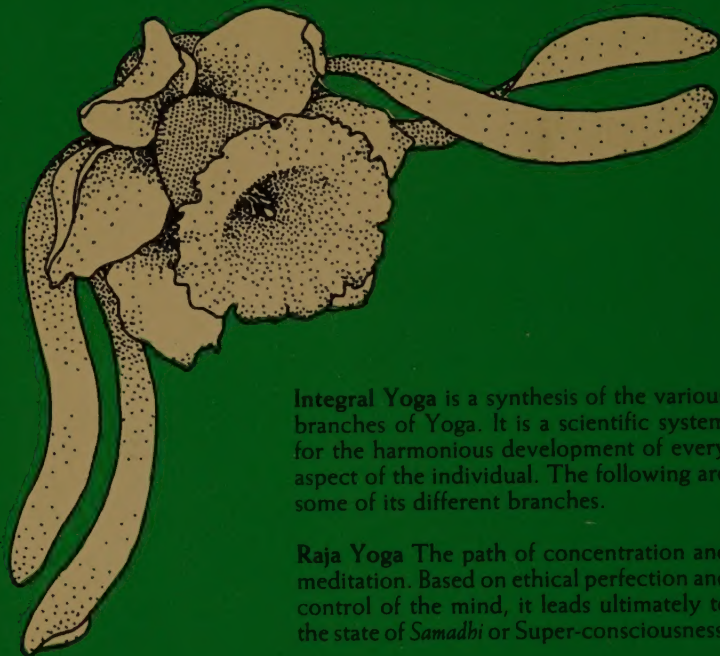
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**Integral Yoga** is a synthesis of the various branches of Yoga. It is a scientific system for the harmonious development of every aspect of the individual. The following are some of its different branches.

**Raja Yoga** The path of concentration and meditation. Based on ethical perfection and control of the mind, it leads ultimately to the state of *Samadhi* or Super-consciousness.

**Japa Yoga** The concentrated repetition of a *mantram* (a sound vibration representing an aspect of the Divine), leading to awareness of this vibration and attunement to IT.

**Hatha Yoga** Postures (*asanas*), breath control (*pranayama*), relaxation, and cleansing practices (*kriyas*) to purify and strengthen the body and mind.

**Karma Yoga** The path of selfless service. By performing duties without attachment to the fruits of the action, the Karma Yogi becomes a conscious instrument of the Divine Will.

**Bhakti Yoga** The path of love and devotion to God, to an incarnation of the Divine or to a spiritual teacher. By transcending the limited personality, one attains union with the Divine.

**Jnana Yoga** The path of wisdom. By study, self-analysis and awareness, the Jnana Yogi ceases to identify with the body and mind, and realizes the Oneness.

The goal of Integral Yoga is: "A body of perfect health and strength, mind with all clarity and control, intellect as sharp as a razor, will of steel, heart full of love and mercy, a life dedicated to the common welfare, and realization of the true Self."

*Swami Satgurunand*  
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